

thecalminside



# still small voice

Wisdom and Insights for Finding  
Peace Within this Chaotic World

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*Wisdom and Insights for  
Finding Peace Within a  
Chaotic World*

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*Whenever there is  
stillness there is the still  
small voice, God's  
speaking from the  
whirlwind, nature's old  
song, and dance...*

*-Annie Dillard*

This booklet is a continuation of my first two books and although it is not meant to entertain you, there are many books with far more words to do that. My hope is that this book brings things up in you and inspires you to return to the simplicity of life and the fullness and joy that is available every single moment of your life.

I hope this book, which has a lot of advice, will guide you to a place of stillness and to the wisdom that is pertinent

to you that comes to you  
from that stillness.

And above all, I hope  
these words help you in  
your day-to-day life, I  
hope it pulls clarity from  
chaos and I hope it leads  
you to discover your own  
inherent wisdom that can  
lead you to the happiness  
and peace you seek.

Jump to a section:

Stillness

Beauty

Soften

Love

Surrender

Going Forward

Sit, be still.

The answer will come, if  
not.

Sit, be still.

The words you need to  
hear come not from you  
seeking them, but from  
the gaps and the space  
that you create when you  
simply breathe, rest and  
be still.



Meditate, find stillness.

Then, let the world  
around you inspire you.

Then, let the world  
around you spark the fire  
of creation.

The purest love is just  
simply there.

The highest quality arises  
by itself.

The deepest truth is here  
for the taking.

The highest wisdom rests  
in stillness.



Try to just simply be  
nothing; be no thing.

Try to simply see that you  
are no thing and reside  
inside yourself.

Reside in the simple. See and sense that the simple is very complex, see it as containing all things and retire to the simple.

Live in the simple and just be.

Peace doesn't come from  
having or getting.

But, from being.  
Just being.

The world isn't perfect.  
Life isn't perfect.  
No one is perfect.

Try to stop trying to be.  
And just be.

It all just is.  
It's all just here.  
It's all perfect and just  
simply here.

Beautifully.

Beauty is never lost.  
Only covered by a fear of  
living.  
Fear can only cover  
beauty, not eradicate it.

Just breathe, just be and  
the beauty within and  
around you, will find you.

Shapeless and peering,  
out of everything beauty  
shines.

Waiting for  
acknowledgement it  
silently resides.

Letting it speak to you, it  
fills you. Letting it have  
its way with everything,  
you are it.

What is, is because it  
cannot be any different,  
you cannot be any  
different.

You are as you are.

It's simple and full and it  
is all here for you.

Simply be you.

Drop the role.

Drop the script and be.

Relax fully, live and be  
you.

Beautifully.

What is here, now, within  
you is beautiful.



Soften to life.  
Soften to how you feel.  
Soften to what lies within.  
Soften, dissolve and let it  
all go.  
Soften to all that you've  
held rigid.

What doesn't go, what  
doesn't dissolve, is you.  
That which is unable to be  
dissolvable by you, is you,  
is yourself.

Soften and discover  
yourself again and again.

Discover your radiant  
warm soft wholeness  
again and again.



Be gentle.

Be gentle with yourself;  
life isn't easy.

Be gentle with others; we  
all suffer.

Be gentle with your  
thoughts and feelings;  
they only seek your  
attention.

Be gentle with your body;  
it is your vehicle through  
the harshness.

Be gentle with Love and  
Life and seek their source  
within you.

When life burns and  
stings; be gentle.

When life is hollow and  
dark; be gentle.

Try to remember that:

It's ok to feel what you feel.

It's ok to feel sad.

It's ok to feel mad.

It's ok to feel angry.

It's ok to feel happy.

It's ok to feel  
embarrassed.

It's ok to feel anxious.

It's ok to feel nervous.

It's ok to feel stressed.

It's ok to feel alive.

Life brings about many feelings and they are all ok.

You can.

It's ok.

They all are just simply  
ok.

Wrap love around  
everyone and everything.

Wrap love around all  
things, like you would a  
blanket on a small  
sleeping child, or a  
shivering dog that has  
just come in from the cold  
night.

Wrap love around it all.

Hold yourself, your  
thoughts and your  
feelings in your loving  
embrace.

Give yourself love.  
Give love to yourself.

This you can do.  
This is in your power to  
do.

Even if no one else has  
given it to you or shown it  
to you.

This you can do.

Pay attention to yourself.

Do what brings you joy  
and harmony.

Love yourself and keep  
loving yourself.

Love yourself, like no-one  
is watching.

Don't think, just love.

Soften and open yourself  
to love.

Love is everywhere if you  
are open to it and  
nowhere if you close  
yourself off.

Love the obstacles in your  
life.

Love the roadblocks on  
your path and simply  
bring love to what is  
holding you back.

Choose love over all. Over sadness, over anger, over frustration, over jealousy, over being right.

And to choose love is not to push these things away, but to feel these things fully, to investigate them fully and to learn what they are here to teach.



Feel.

Feelings are the language  
of life.

If you wish to get to know  
the joyful boundless  
adventurer life: Feel.

Feel.

Surrender.

Let yourself grieve.

And let yourself heal.

Allow yourself to grieve  
for what could've been.  
Allow yourself to be how  
you are now. Allow the  
warmth to flow and let go.

Surrender takes the mind  
further.

Love takes the heart  
deeper.

To realize deeply, you  
first must feel deeply.

If you wish to be clean;  
embrace the dirt.

Simply surrender and the  
miraculous will unfold.

Simply surrender and pull  
beauty towards you.

There is a part of you that  
is forever out of your  
control, yet guiding you  
and nurturing you.

Surrender to that.

That part lives you and  
resides in your heart.

Surrender to that.



Keep going.  
Keep pushing.  
Even if it doesn't make  
sense.

This journey, doesn't  
make sense all the time  
and that's ok.

This, this trip; is beyond  
sense and non-sense.

Just keep going.

Keep going, even if the  
road is blocked, full of  
holes or paved with  
quicksand.

Keep going.

That which doesn't kill  
you doesn't make you  
stronger, you simply  
adapt to it and go  
forward.

It is healing that which  
doesn't kill you that  
makes you stronger.

Live day to day, moment  
to moment, breath to  
breath and measure  
progress year to year,  
month to month and week  
to week.

All streams return to the  
one true source of water.  
The return is inevitable.

We too, return.  
We are all pushed to  
return.  
The return is inevitable.

Seeing this clearly is  
freedom. Freedom from  
the illusion that we are  
fixed.

We are fluid.

The most powerful prison  
has no physical walls.

What you believe to be  
your greatest weakness  
will lead you to your true  
strength.

There is more than this.  
And it all lies within you.

The source of life is in  
you.  
Honor it.  
Respect it.  
Let it guide you.

All things will come and  
go, watch them, tend to  
them.

There is no wonderland,  
no ideal place, no better  
place and no worse place:  
just this.

All comes.

All goes.

This alone stays.

This is all you need to  
know:

There is nothing anyone  
or anything can give you  
that you cannot find  
within yourself because  
you are the source, it all  
comes from within you.

You are a fragment of the  
whole, but you contain  
the whole.

Feel, sense and honor  
that.

Superstitions cannot tame you. Let the mirror break and the cat cross, there is no bad luck, only growth, flowing perfection and an endless desire to push further.

Nothing is yours, but you  
lack nothing.

You are everything.  
Trust in this and simply  
let go.

The world, life, this, isn't  
here to make you  
comfortable or happy; it is  
here for your growth and  
for you to go further.

The key to happiness, the  
key to peace, is to find the  
support, comfort and  
security that underlies  
that growth.

Expansion and growth,  
decay and chaos. This is  
moving forward.

It's always moving  
forward.

Soften to the chaos.

The Earth doesn't cling to  
one season, it lets them  
come and go naturally.

Allow your life to be this  
way.

To reach the stars you  
have to leave Earth.

To get to greatness you  
have to be brave, bold and  
leave the familiar and  
comfortable behind.

May kindness bless you  
May calmness guide you  
May pain heal you  
And  
May love fill you.

Take care and much Love,

~greg (thecalminside)

For more of Greg's  
writing visit his Tumblr  
blog: [thecalminside](http://thecalminside)

And be sure to look for  
thecalminside's other  
booklets:

*Pain, Life, Love*  
*Heart, Home, Now*  
*Just Be*